

Application No. 10/707,236  
Amendment date December 2004  
Reply to Office Action of September 21, 2004

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (currently amended) An exercise device for use in assisting a person to stretch a targeted tissue in the body, comprising:
  - a) a flexible, inelastic strap having a first end, and a second end, and having a fixed loop formed in the flexible strap at the first end;
  - b) a connector assembly comprising:
    - i) a movable member configured for positioning along the length of the strap, and
    - ii) a fixed member that is attached to the second end of the strap, wherein connector has a connected configuration wherein the movable member and the fixed member are releasably connected, thereby forming a second loop in the flexible strap proximate the second end of the strap, and a disconnected configuration wherein the movable member and the fixed member are not connected.
2. (original) The device according to Claim 1 wherein the total length from the first end to the second end is about 8 feet to about 12 feet.
3. (original) The device according to Claim 2 wherein the total length from the first end to the second end is about 10 feet.
4. (original) The device according to Claim 1 wherein the width of the strap is at least about 1.5 inches, and up to about 4 inches.
5. (original) The device according to Claim 4 wherein the width of the strap is at least about 2 inches.
6. (original) The device according to Claim 2 wherein the fixed loop has a circumference of about 14 inches to about 18 inches.

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7. (original) The device according to Claim 2 wherein the fixed loop has a circumference of about 16 inches.
8. (original) The device according to Claim 1 wherein the connector is a snap buckle.
9. (original) A kit for use in assisting a person to stretch a targeted tissue in the body, comprising:
- a) an exercise device according to Claim 1;
  - b) instructions that inform a user of the proper use of the device to stretch a targeted tissue in the body; and
  - c) a means for securing the device and the instructions.
10. (original) The kit according to Claim 7 wherein the instructions are selected from the group consisting of written instructions, pictorial instructions, audio instructions, video instructions, and mixtures thereof.
11. (original) The kit according to Claim 7 wherein the securement means comprises a thermoplastic package containing the device and the instructions.
12. (original) The kit according to Claim 9 wherein the instructions inform the user of a plurality of proper uses of the device, to stretch a corresponding plurality of targeted tissues in the body.
- An exercise device for use in assisting a person to stretch a targeted tissue in the body comprising:
- (a) a flexible, inelastic strap having a first end, and a second end, and having a fixed loop formed in the flexible strap at the first end;
  - (b) a connector assembly comprising:
    - i) a movable member configured for positioning along the length of the strap, and
    - ii) a fixed member that is attached to the second end of the strap, wherein connector has a connected configuration wherein the movable member and the fixed member are releasably connected, thereby forming a second loop in the flexible strap proximate the second end of the strap, and a disconnected configuration wherein the movable member and the fixed member are not connected.